

## **BE HEALTHY**

Lower your risk of heart disease and cancer by eating more fruits and vegetables.

Sign up for "Be Fit With Five" and focus on eating at least five fruits and vegetables every day for the month of September.

Begins: September 5<sup>th</sup>, 2004 Ends: October 2<sup>nd</sup>, 2004

Pick up a weekly log sheet from any fitness center or your office and record how many servings of fruits and vegetables you have everyday.

## Prizes will be given to those participants that reach their five a day goal!



For questions call Semper Fit Health Promotion 763-3794/3793 e-mail <u>ayannm@usmc-mccs.org</u>, <u>kutsorkh@usmc-mccs.org</u> or stop by the Paige Fieldhouse Bldg #1110, Health Promotion office.